

GLENWOOD 50+ CENTER

September, 2021



**2400 Route 97
Cocksville, MD. 21723
(410) 313-5440**

Virtual 50+ Center Email
virtual50@howardcountymd.gov

Center Email
[glenwood50@
howardcountymd.gov](mailto:glenwood50@howardcountymd.gov)

Monday - Friday
8:30 am - 4:30 pm

GO50+Hours
Mon - Sat: 7 am - 9 pm
Sun: 9 am - 6 pm

Volunteer Website
www.hocovolunteer.org

County Website
www.howardcountyingaging.org

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It's September, and if you have been in the center lately, you know that the Department of Community Resources and Services counts the safety and health of all of our community members as our top priority. Masks are required upon entry and throughout all common areas including 50+ center.

Please be aware that the mask requirement is for all 50+Center activities including fitness classes. For those uncomfortable exercising in a mask, refunds are available with no administrative fee.

We are bringing back two of our exercise classes in September. Susan Kain's Hatha Yoga 1- 2, Fridays at 8:15 am and Bev Ludwig's Flex, Stretch and Move class on Fridays at 1 pm.

September is Senior Center Month and even though every day is Senior Center Day here - we have a few special events and programs planned for you. Highlights below:

DIY Cement Leaves
Fused Glass Suncatchers
Concrete Pumpkins
DIY Harvest Wooden Signs
3 Part Course on American Crises
Ice Cream Social

The gym floors are scheduled to be replaced this month. This will impact the start of our Pickleball, our basketball and walking programs. We will keep you posted as we receive updated information.

Hope to see you around the center! Regina, Cathy, Chris, Evan

The Fitness Room is open through Recreation and Parks and appointments are no longer required.

CENTER INFORMATION

50+ Center Staff

Regina Jenkins Director

rjenkins@howardcountymd.gov
410-313-5443

Chris Ferraro, Registrar

cferraro@howardcountymd.gov
410-313-5440

Evan Larkin, Utility Worker

elarkin@howardcountymd.gov
410-313-4836

Cathy Burkett, Assistant Director

cburkett@howardcountymd.gov
410-313-4832

Connections / Kindred Spirits

Judy Miller, Director

jumiller@howardcountymd.gov
410-313-4849

Andrea Bryant, Program Assistant

abryant@howardcountymd.gov
410-313-5441

Bridget McAndrew, Program Assistant

bmcandrews@howardcountymd.gov
410-313-5441

Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front Desk to assure that your membership is current.

Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.

Glenwood 50+ Center Council

President: Laurel Gafke

Vice President: Bernadette Roussel

Secretary: Linda Deffinbaugh

Treasurer: Gary Gafke

Members at Large:

Annette Dill Bea Dane

Joel Goodman Willie Hill

Toni Matthews

Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to Howard County Director of Finance. Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howard-county>. Account must be established prior to registering for class.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

ADJUSTED HOURS OR CENTER CLOSURES

Monday, September 6, Labor Day

NOTE: Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

ONGOING PROGRAMS

Open Studio: Arts & Crafts

Mondays, Wednesdays, 10 am - noon

Are you working on any crafts at home? Painting, knitting, crocheting, jewelry making, or paper crafts. Come join us!

Bridge-Open Play

Wednesdays, 12 noon - 4 pm

Billiards and Table Tennis

Monday - Friday 9 - 3 pm

Walking Group

Monday - Friday 9 - 10 am

WALKTOBER is coming soon!

Basketball

Mondays, Wednesdays, Fridays

9 - 11 am

Gym closed in September for floor Replacement.

Pinochle

Tuesdays, Fridays

9 - 4 pm

Pinochle is a classic two-player game developed in the United States, and it is one of the country's most popular games. New players and beginners are always welcome.

Glenwood Book Club

Every 6 weeks

Thursday, September 9, 1 pm

Hybrid See Page 5

Mahjong

Thursdays

12:30 - 4 pm

Pickleball Outdoors

Monday - Friday 9 am - 4 pm

Rent a net for \$5 and play on lined courts (3 hour time limit)

New Pickleball Program

Tuesdays and Thursdays 12 - 2:30 pm

Open play for adults 50+. Players rotate play using the paddle/paint stick method. Participants can register for one or multiple dates in a given month based on their availability and there is a fee of \$2.50 per date. There is a maximum number of participants allowed to enroll.

Pickleball Beginner Level

Fridays 12 - 2:30 pm

This program is for beginners. There will be a 30 minute orientation at 12 pm each Friday. No instruction. Registration and rotation same as Tuesdays and Thursdays. \$2.50 per date. **Gym closed in September for floor replacement.**

Maryland Access Point

Thursdays, 10 am - 2 pm

Emily Leclercq, Resource Specialist with the Howard County Office on Aging and Independence will be available by appointment. She can assist you in navigating aging services now and in the future. To make an appointment to meet with Emily in person at Glenwood please call her at 410-313-5917.

Nutrition Consultation

2nd Wednesdays, 10 am

Wednesday, September 8, 10 am

Registered dietician, Carmen Roberts is available to consult individually with members. Call the front desk to make an appointment.

Reflexology

Thursdays, 9 am - 2 pm by appointment

Linda Deffinbaugh will be on site 1 day a week to provide reflexology services. Please call the front desk to make an appointment.

Cost: \$30 for 1/2 hour \$60 for 1 hour

Active.net #A03704.400

PROGRAMS, EVENTS AND CLASSES

DIY Concrete Leaf Garden Art

Wednesday, September 1, 1 pm

It's time to get messy again! Come and create your unique piece of garden art, bird bath or bird feeder using concrete and a leaf. Materials are all provided. We will make one large or 3-4 small leaves. If you have leaves feel free to bring.

Project will stay at center to dry for 2 days.

Cost: \$8 Active.net#A03505.400

Sun Catchers

Wednesday, September 8, 1 pm

Come create a beautiful fused glass sun catcher for your window. Cut and design your piece and pick it up after it has been fired.

Cost: \$30 Active.net#A03506.400

The American Crises from 1781-1786

Fridays, September 10, 17, 24, 9:30 am

#A03613.400

Enjoy a discussion on problems with Spain, including Maryland's James Wilkinson being "Agent 13" to get Tennessee & Kentucky to secede to Spain. Then on to the British instigating the Indians in the Old Northwest not to cede the Ohio Valley to the Americans. Also learn about Shays rebellion of farmers and debtors in 1786 in Massachusetts that spread into the Appalachian frontiers. Course includes 2 more events.

Instructor: Roger Swartz

Cost: \$20 Active.net#A03610.400

History of Broadway

Monday, September 20, 11am

Monday October 4, 11am

Join Steve Friedman for his entertaining and informative series on Broadway. Each session focuses on a different era. Enjoy lecture and singing.

Active.net#A03724.400

Let's Get Social - Ice Cream Social

Friday, September 10, 12:30 pm

It's been too long! Join us in the courtyard for outdoor socialization and ice cream.

Bring your hat and sunglasses!

Enjoy a chance to chat and enjoy the warm days of September.

Ice cream, cones, bowls, toppings, and whipped cream!

Active.net#A03720.400

Pumpkin Pumpkin

Wednesday, September 15, 1 pm

Create a perfect pumpkin for your table or porch. This one won't ever spoil.

Made from concrete and tights.

If you bring a pair of tights, class is discounted \$3. You may want to keep one and make one for a friend. Wear clothes that can get messy. You will take your pumpkin home the same day.

Cost: \$6 Active.net#A03507.400

DIY Harvest Signs

Wednesday, September 22, 1 pm

We will welcome fall with a fun DIY using long wooden sign boards. We will provide the long boards, paints, brushes and inspiration. Dress appropriately for painting. Create a 2 sided piece for your porch or deck.

Cost: \$20 Active.net#A03508.400

Ipad and Iphone

Wednesday, September, 29, 10 am

Volunteer and center member Mike will be here in person to provide you with the help you need with your Apple device. Great for anyone looking to master their Apple products. Call front desk to register but drop ins are welcome.

Instructor: Mike Vecera

Active.net#A03723.400

PROGRAMS, EVENTS AND CLASSES-STREAMED

Glenwood Book Club

Thursday, September 9, 1 pm

Hybrid

Join this group to enjoy and discuss a different book every six weeks.

This month's book is *The Lost Girls of Paris*.

Active.net# A03713.400

Battle of Britain

Tuesday, Thursday, September 14, 16, 1 pm

Virtual, and streamed at the Glenwood.

Sept. 14th Join us for a 2-part series on the Battle of Britain. Part I reviews the background and buildup of the Luftwaffe and the Royal Air Force, up through the Battle of France in May-June 1940. This will include the rapid growth of the German Air Force through the mid-1930s, the development of the key aircraft used in the battle, significant personalities, and the foundations laid for British victory and German defeat. **Sept. 16** Part II discusses the Battle itself, basically July to September 1940, including the relationship of the Battle to the possible amphibious assault on Britain codenamed "Operation Sea Lion."

Active.net#A03611.400

nco
national council on aging

September 2021

**Let's Celebrate
Senior Centers!**

National Senior Center Month



Glenwood 50+Center
Contact Info: 410.313.5440

EXERCISE AND FITNESS

Hatha Yoga

Tuesdays, 8:45 am #A0343.400

Cost: \$30 for 5 classes

Thursdays, 9 am #A03440.400

Cost: \$24 for 4 classes

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.

Instructor: Mary Garratt

Flex, Stretch and Move

Fridays, 1 pm

#A03440.400

Cost: \$24 for 4 classes

Improve flexibility, coordination, strength and balance. Focus on strengthening muscles and connective tissue as well as improving joint mobility. Class offers both seated and standing options. Bring a mat to place under your chair.

Instructor: Bev Ludwig

Register early! Please inquire at the front desk about exercise classes.

EXERCISE AND FITNESS

Chair Yoga

Tuesdays, 9:45 am #A03442.400

Cost: \$30 for 5 classes

Thursdays, 10:15 am #A03443.400

Cost: \$24 for 4 classes

Through creativity and modifications, everyone can do yoga with a chair. In this gentle/beginner's level class, yoga poses are done seated in a chair or standing using the chair as a prop for support and stability. Reap the benefits of greater flexibility, increased energy, improved memory and clarity, better concentration, and improved overall health.

Instructor: Mary Garratt

Pilates

Fridays, 9:30 am #A03422.400

Cost: \$24 for 4 classes

Pilates is an exercise program emphasizing core stability, balance, and abdominal strength. It is based on 34 basic movements that are performed on a mat. Pilates supports a healthy back and invigorates overall fitness. This class is open to all fitness levels and modifications are available.

Instructor: Bob McDowell

Hatha 1-2

Fridays, 8:15 am #A03418.400

Cost: \$18 for 3 classes

Find the benefits of greater flexibility, increased energy, and improved overall health by expanding your yoga practice. Class ends with deep relaxation and breathing.

Instructor: Susan Kain

Prime Time

Mondays, Wednesdays #A03480.400
11 am

Cost: \$24 for 6 classes

A class focusing on functional fitness for everyday living. Have fun getting fit and strong and improve your range of motion and balance. Tone your major muscle groups with both seated and standing exercises. Instructor will show modifications for a seated option.

Instructor: Mary Ann Larkin

Line Dancing Open Studio Beginners

Mondays, 12:30 - 1:30 pm

Line Dancing Open Studio Intermediate

Mondays, 1:30 - 2:30 pm

Cost: \$5 per month

Open to all beginners to practice with others of the same skill level. Volunteer led.

Line Dancing Open Studio Advanced

Tuesdays, 12:45 - 2:30 pm

Cost: \$5 per month

This is open to all beyond beginners to practice with others of the same skill level. Volunteer led.

Line Dancing Instruction Beginner

Wednesdays, 12:30 pm #A03461.400

Cost: \$24 for 4 weeks

Dancing is great exercise and fun. Learn the basics. Please wear leather soled shoes.

Instructor: Sandy Garrish

Line Dancing Instruction Intermediate

Wednesdays, 1:30 pm #A03462.400

Cost: \$24 for 4 weeks

Expand your knowledge of popular line dances. Line dancing is one of the most fun dances you can do anywhere, and you do not need a partner!

Instructor: Sandy Garrish

SEPTEMBER AT A GLANCE CALENDAR

<p>NOTE Pool / Table Tennis Each Day 9-3</p> <p>Gym Closed During September for new flooring. No Basketball No Pickleball</p>		<p>1 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dancing Beginners 1:30 Line Dancing Intermediate \$ 1 DIY Concrete</p>	<p>2 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12:30 Mahjong</p>	<p>3 9 Walking Group 8:15 Hatha 1-2 9 Pinochle 9:30 Pilates 1 Flex, Stretch, Move</p>
<p>6 CLOSED LABOR DAY</p>	<p>7 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 12:45 Line Dancing</p>	<p>8 9 Walking Group 10 Open Studio 10 Nutrition Consult 11 Prime Time 12 Bridge 12:30 Line Dancing Beginners \$1 DIY Suncatchers 1:30 Line Dancing Intermediate</p>	<p>9 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12:30 Mahjong 1 Book Club</p>	<p>10 8:15 Hatha 1-2 9 Walking Group 9 Pinochle 9:30 Pilates \$9:30 American Crises 12:30 Ice Cream Social 1 Flex, Stretch, Move</p>
<p>13 9 Walking Group 10 Open Studio 11 Prime Time 12:30 Line Dancing 1:30 Line Dancing</p>	<p>14 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 12:45 Line Dancing</p>	<p>15 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dancing Beginners \$1 Cement Pumpkin 1:30 Line Dancing Intermediate</p>	<p>16 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12:30 Mahjong</p>	<p>17 8:15 Hatha 1-2 9 Walking Group 9 Pinochle 9:30 Pilates \$9:30 American Crises 1 Flex, Stretch, Move</p>
<p>20 9 Walking Group 10 Open Studio 11 Prime Time 11 History of Broadway 12:30 Line Dancing 1:30 Line Dancing</p>	<p>21 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 12:45 Line Dancing</p>	<p>22 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dancing Beginners \$ 1 DIY Harvest Signs 1:30 Line Dancing Intermediate</p>	<p>23 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12:30 Mahjong</p>	<p>24 8:15 Hatha 1-2 9 Walking Group 9 Pinochle 9:30 Pilates \$9:30 American Crises 1 Flex, Stretch, Move</p>
<p>27 9 Walking Group 10 Open Studio 11 Prime Time 12:30 Line Dancing 1:30 Line Dancing</p>	<p>28 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 12:45 Line Dancing</p>	<p>29 9 Walking Group 10 Open Studio 11 Prime Time 10 iPhone, iPad 12 Bridge 12:30 Line Dancing Beginners 1:30 Line Dancing Intermediate</p>	<p>30 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12:30 Mahjong</p>	